

ABSTRACT

The invention provides a method for selecting a communication IP address whereby traffic of a network can be reduced and a session with the partner of communication
5 can be maintained even when the mobile node has moved. The method prescribes provision of means for judging a state of a foreign network to which the mobile node is connected, and means of monitoring an IP address that an application having been started by the mobile node is using for communication,
10 and enables selection of the mobile IP address so that the mobile node can maintain the session surely even in a visited foreign network.